



RULES & REGULATIONS

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INTRODUCTION

Cobb Senior Games is a county wide event for adults 50 and over. The games are held annually at various facilities throughout Cobb County. The purpose of the games is to provide seniors and opportunity to participate in a variety of sports, competitions, meet new people, learn new leisure skills, and become more aware of recreational opportunities available to them.

A variety of events are offered with a wide range of physical activity levels, so there is something for everyone, regardless of abilities or limitations.

Medals are awarded for 1st, 2nd and 3rd place in each event.

COBB COUNTY SENIOR GAMES

General Rules and Regulations

1. A person must be 50 years of age or older to participate. A participant's age on April 1st determines the category in which they will compete.
2. All participants must participate in their own age group in events that are divided into age groups, unless otherwise designated by the event manager (except in tennis tournament doubles where the younger player determines the age group or in events with combined age categories.)
3. Game officials reserve the right to combine age divisions or cancel events if insufficient entries are received.
4. Registration fee entitles participant to enter event(s) of their choice. The golf tournament does have an additional fee.
5. Due to the number of events, there are many time periods when more than one event is scheduled. Participants will only be able to participate in one event during a specific time frame. Participants are encouraged to choose the event in which they will be most competitive. **PLAY WILL NOT BE HELD UP DUE TO TIME CONFLICTS.**
6. The Cobb County Games are governed by the rules in this book which will be followed and interpreted by the Event Managers. In each event, the safety of the participant is of paramount concern.
7. All appeals for official interpretation shall be made to the Event Manager for the specific event. **Appeals must be filed immediately or right to appeal will be forfeited.**
8. All starting time are forfeiting times. (You cannot participate if not present at the starting time.) Please be on time to help the Games to run smoothly.
9. In case of inclement weather, Game officials reserve the right to cancel or postpone events to a different time of day than originally scheduled.

BASKETBALL FREE THROW

NUMBER OF COMPETITORS: OPEN

RULES:

1. A referee will be at each basket.
2. The participant will shoot from the free throw line at a **distance of 15 feet**. The basket will be **10 feet in height**.
3. The referee will call one age group category at a time. All participants in each age group category must be there at the starting time for his/her category.
4. The shooter will get 3 practice shots and 10 official free throws.
5. The referee will score the card each time a shot is made or missed and will call out the score after each free throw attempt is made.
6. The free throw shooter must have both feet behind the free throw line (no part of his/her feet can touch the line from the time the ball leaves his/her hand to the point it touches the basket - otherwise it will be counted as a missed shot.)
7. Each free throw shooter gets only one chance to shoot his/her 5 free throws.

SCORING:

1. Each basket made will score 1 point.
2. To break a tie, shooters will shoot another 10 baskets.

THREE POINT SHOT

RULES:

1. A referee will be at each basket.
2. The participant will shoot from the three point line. The basket will be **10 feet in height**.
3. The referee will call one age group category at a time. All participants in each age group category must be there at the starting time for his/her category.
4. The shooter will get 3 practice shots and 5 official free throws.
5. The referee will score the card each time a shot is made or missed and will call out the score after each free throw attempt is made.
6. The free throw shooter must have both feet behind the three point line (no part of his/her feet can touch the line from the time the ball leaves his/her hand to the point it touches the basket - otherwise it will be counted as a missed shot.)
7. Each free throw shooter gets only one chance to shoot his/her 5 throws.

SCORING:

1. Each basket made will score 1 point.
2. To break a tie, shooters will shoot another 5 baskets.

BILLIARDS - EIGHT BALL

RULES:

1. **Billiards Congress of American Rules** shall govern tournament play.
2. Break Shot - Two or more balls must make contact with the rail on the break.
3. Order of play shall be determined by flipping a coin.
4. There shall be no 1-15 side pocket rule.
5. A judge will be present for all games.

EQUIPMENT:

1. Regulation table of 9' x 4'x4'.
2. Cue must weigh from 15 to 22 oz.
3. Balls will be Regulation Billiard Balls #1-15 with cue ball or Casino Balls with 7 yellow and 7 red, #8 ball and cue ball.

SCORING:

1. In the preliminaries, the first and second rounds and a third, if needed, will be single elimination.
2. In the semi-finals, the first player to win two out of three games will advance to the finals.
3. In the championship, the first player to win two out of three games will be the winner.

BOCCE BALL

1. The object of the game is to roll the bocce ball closest to the pallina.
2. A coin toss determines which team or player throws the first pallina. The starting player has three attempts to toss the pallina within the proper boundaries, past court midpoint, but not closer than one foot from the side and not closer than four feet from the end. If the starting player is unsuccessful after three attempts, the opposing player has one opportunity to toss. If unsuccessful the pallina is placed in the center of the court.
3. The starting player's first ball establishes the "point ball". Each player takes turns trying to get closest to the pallina.
4. Balls may be tossed rolled or bounced, provided they do not go out of bounds. A player may hit an opponent's ball or the pallina to gain advantage.
5. After each player has tossed their first bocce, the team with the disadvantage or with the ball at the greatest distance from the pallina tosses. Turns proceed on this basis until all balls are tossed.

SCORING

1. A frame is completed when all eight balls have been played. A new frame begins after the distance between the balls and the pallina has been measured and points awarded. The winner of the previous frame delivers the pallina in the following frame.
The winning team receives one point for each ball that is closer to the pallina than the opposing team's ball. If all are outside the court no points are given. If both balls are the same distance, no points are awarded and the frame is played again.
2. 7 points preliminaries and 11 points finals.

EQUIPMENT:

1. Eight large balls and one small ball or pallina.

BOWLING**RULES:**

1. Individual competition.

2. Preliminaries will consist of 3 games; each game will consist of 10 frames for each competitor.
3. No handicap will be awarded.
4. Each player bowls two balls in each frame unless a strike is made on the first ball, then the second ball is not rolled, except in tenth frame.

EQUIPMENT: ABC approved equipment only.

SCORING:

1. The highest score will be determined for each competitor.
2. Ties will be handled by playing an extra frame.

CHECKERS

RULES:

1. Single elimination tournament.
2. **THE GAME:** Checkers is a game played on a checkerboard by two persons. The checkerboard has 64 alternating red and black squares. Each player has 12 round, flat pieces called men or checkers. One set is black and the other is red. The players sit opposite each other and each arranges his men on the first three rows of black squares. Two rows in the center remain open.

The player with the black men starts by moving one of his men one space diagonally forward toward the red checkers. Then the other player moves a red man toward the black. The men can only be moved forward on the black squares. The object of the game is to capture all of the men of the opponent, or to block their progress. If a red man moves next to a black man, the black man can jump over the red man if there is a space behind the red. The red is removed from the board as the black goes deeper into enemy territory. More than one man may be captured at one time.

If a man reaches the black line on the enemy's side, it is crowned and becomes a king. A second checker is placed on top of the king to distinguish it from the other men on the board. A king can move backward or forward one square at a time, except when it jumps over one or more men.

3. **Each Player must take his jumps.**
4. If a player is at a standstill and cannot move, he/she forfeits his/her turn until an opening for a move is available.
5. Time will be called after ten minutes with the player having captured the most men names a winner. If both players have captured the same number of men at the end of the time limit, play will continue for an additional 3 minutes.
Players must move within 30 seconds. If a player does not move within 30 seconds, they forfeit their turn.

CLOCK GOLF

RULES:

1. Putting area is 20 foot circle with a hole in the center. Surface is grass.
2. Putting positions will be numbered around the circle like the face of a clock.
3. Each competitor will draw two numbers from a hat which will determine from where on the clock he/she will putt.
4. Competitors will have 3 tries from each of the two numbered points he/she drew. (For example, number 3 and 7 are drawn; a putt is made from the #3 position on circle. If the ball does not go into hole, the person can try again from wherever the ball is; and a third shot can also be taken if the second shot fails. The person then moves to #7 position and does the same thing - 3 shots.)

EQUIPMENT:

1. Putters will be available or you may bring one.

SCORING:

1. Scoring will be as follow; hole-in-one-1 points; two putts - 2 points, three putts -3 putt.
2. If no person scores, no medals will be awarded.
3. For tie-breakers, competitors will draw two more numbers and take three more from each.

FOOTBALL THROW

RULES:

1. The object of the game is to get the ball through the hula hoop suspended 5 feet off the ground.
2. Each participant will have three throws from 5 yards and three throws from 10 yards.
3. Sitting participants chair will be placed with the back of the chair on the five and ten yard lines.

EQUIPMENT:

1. A hula hoop 5 feet above the ground.
2. A mid-sized football will be used.

SCORING:

1. Each ball through the target from 5 yards will score 5 points.
2. Each ball through the target from 10 yards will score 10 points.
4. For tie breakers: three additional throws from each distance.

FRISBEE THROW

RULES:

1. The object of the game is to get the frisbee through the hula hoop suspended 5 feet off the ground.
2. Each participant will have three throws from 5 yards and three throws from 10 yards.
3. Sitting participants chair will be placed with the back of the chair on the five and ten yard lines.

EQUIPMENT:

1. A hula hoop 5 feet above the ground.

2. A frisbee.

SCORING:

1. Each frisbee through the target from 5 yards will score 5 points.
2. Each frisbee through the target from 10 yards will score 10 points.
4. For tie breakers: three additional throws from each distance.

GOLF TOURNAMENT

RULES:

1. Tournament will consist of one round of 18 holes. Low gross and Calloway scoring will be used.
2. All rules of golf as specified by the local course will apply.
3. To expedite play, all players are required to use an electric cart.
4. Score cards will be validated by an official scorer at the end of 18 holes of play.

EQUIPMENT:

1. Each competitor must furnish his/her own clubs.

SCORING:

1. The method of scoring will be for net score or the Calloway Handicap System and winners will be selected with this method.
2. One gold medal will be awarded in men's and lady's division for best low gross.

NOTE: THERE IS AN ADDITIONAL FEE FOR THE GOLF TOURNAMENT.

HORSESHOE TOURNAMENT

RULES:

1. 24 Pitch game.
2. Non-Handicap tournament.
3. Pitching distances: 40 feet men 55-69
30 feet men 70 +
30 feet women 55-74
20 feet women 75+
4. Match time is forfeit time.
5. All players must play at time scheduled.

SCORING:

1. 24 pitch count all.
2. All shoes shall be within 6 inches of the stake to score.
3. Ringer - 3 points.
4. Leaner or closest shoe -1 point.
5. In a tie, each player will pitch 10 additional shoes until a winner is declared.

FRISBEE THROW

RULES:

1. The object of the game is to throw the frisbee through the hula hoop suspended 5 feet above the ground.
2. Each participant will have three throws from 5 yards and three throws from 10 yards.
3. Sitting participants chair will be placed with the back of the chair on the 5 and 10

yard lines.

EQUIPMENT:

1. A hula hoop 5 feet off the ground.
2. A standard frisbee will be used.

SCORING:

1. Each throw through the target from 5 yards will score 5 points.
2. Each throw through the target from 10 yards will score 10 points.
3. For tie breakers: three additional throws from each distance.

SHUFFLEBOARD

RULES:

1. Initial order of play is determined by player who shoots closest to the back line, then players alternate. A player may move his pucks to any spot in his starting area, and must stand behind the line while shooting. When all players have shot the round is over.
2. Scores are tallied at the end of each round.
3. Only pucks in a numbered space **NOT** touching a boundary line count in scoring.
4. If puck "A" bumps puck "B" from a space, puck "B" does not score.
5. First to reach 21 wins.

EQUIPMENT:

1. Standard shuffleboard pucks and sticks.

SOFTBALL HIT

RULES:

1. Each competitor will have three hits from the tee.
2. The competitor must stand inside the designated area, and his/her feet may not touch nor cross line

EQUIPMENT:

1. A 12 inch softball will be used.

SCORING:

1. The softball hit will be judged for distance only, and the longest distance of the 3 official hits will be recorded.
2. For tie breakers, competitors will get three additional throws.

SOFTBALL THROW

RULES:

1. Each competitor will have three throws.
2. The competitor must stand behind the foul line, and his/her feet may not touch nor cross line until ball is thrown.

EQUIPMENT:

1. A 12 inch softball will be used.

SCORING:

1. The softball throw will be judged for distance only, and the longest distance of the 3 official throws will be recorded.
2. For tie-breakers, competitors will get three additional throws.

SWIMMING

RULES:

1. All events will run in accordance with the U.S. Swimming and Diving Rules.
2. Warm-ups will be held 30 minutes prior to the start of competition. No one will be allowed in the pool for warm ups after competition begins.
3. Swimmers may enter 5 events.
4. Swimmers not reporting to the bullpen after the second call will be scratched.
5. In the backstroke races, swimmers must keep the heel of one foot in the water prior to the start of the race.
6. Each swimmer is allowed one false start; disqualification will occur after the second false start.
7. Swimmers must remain in the water until everyone has completed the heat.

SCORING:

1. The best time in each heat will determine the winner. Starting blocks are not used.

TABLE TENNIS

RULES:

1. All table tennis matches will be conducted in accordance with U.S. Table Tennis Association (USTTA) Rules.
2. Play shall consist of a three (3) game match. The winner shall be the first player to win two (2) games.
3. A game is won by the first player to score twenty-one (21) points unless both players have scored twenty (20) points. In that situation, the serve changes each point and the winner is the first player to score a two (2) point lead.
4. Play shall be continuous throughout the match with a one (1) minute break between games.

TENNIS TOURNAMENT

NUMBER OF COMPETITORS: 32 SINGLES 16 DOUBLES

RULES:

1. All matches will be conducted according to **USTA RULES**.
2. Warm-up will be limited to 10 minutes.
3. All players must play at time scheduled; there will be no grace period.
4. If a participant registers for more than one event, a situation may arise wherein they will have to play more than two matches in any given day. Attempts will be made to schedule in such a manner to avoid conflicts between events.
5. If there are not enough players registered for a particular age group, those players registered may be moved to another age group.
6. A 12 point tie-breaker will be played if a set reaches 6 all. (USTA RULES).
7. If a particular participant qualifies for finals and does not show up to compete, he/she will forfeit right to a medal and will be subject to a one year suspension.

EQUIPMENT:

1. Players must furnish their own rackets.
2. USTA approved equipment will be used by all players.

SCORING:

1. All preliminary and semi-final matches will be decided by the best 2 out of 3 sets with no add scoring.
2. All final matches will be decided by the best 2 out of 3 sets.
3. Top two finishers in singles, and top two teams in doubles will receive medals.

TRACK EVENTS**NUMBER OF COMPETITORS: OPEN****RULES:**

1. All track events will be timed heats by age category.
2. Each competitor will be allowed only 2 "false starts".
3. Any participant receiving physical assistance from someone else will be disqualified.
4. In all **Walking Events**, one foot must maintain contact with the ground at all times; or immediate disqualification will result.
5. Any runner making physical contact with another will be disqualified.
7. Any runner will be disqualified if he/she waves, yells or makes body motions not normally a part of track events.
8. Starting commands for walking events will be; "On your mark." "Set"; then a whistle will be blown or a gun fired.
9. Starting commands for running will be; "Runners Set" then a whistle will be blown or a gun fired.

SCORING:

1. The best times from heats in each category will determine winners.
2. To break a tie, there will be a runoff.

WHEELCHAIR STRAIGHT AWAY RACE**TO QUALIFY:**

1. The wheelchair must be the competitor's primary means of mobility.
2. Participants in this event should practice prior to the Games.

RULES:

1. Distance will be 50 yards.
2. Competitors will race in heats.

EQUIPMENT:

1. Only a standard wheelchair may be used; no sports nor modified chairs will be allowed.
2. Paved roadway will be used as track.

SCORING:

1. Fastest three competitors will win.
2. To break a tie, a runoff of the same distance will be run.

NATIONAL RULES

The Cobb County Senior Games will be governed by the rules contained in the official GGO Rule Book; however, should you want a copy of the complete rules for individual sports you can contact the following organizations:

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| BOWLING | American Bowling Congress 5301 S. 76th Street Greendale, WI 53129 |
| GOLF | U.S. Golf Association Golf House P. O. Box 2000 Far Hills, NJ 07931 201-234-2300 |
| HORSESHOES | National Horseshoe Pitching Association P. O. Box 278 Munroe Falls, OH 44262 216-923-9949 |
| TRACK RACE WALK | The Athletic Congress 200 South Capitol Avenue Suite 140 Indianapolis, IN 46225 317-638-9155 |
| No table of contents entries found. | |
| SOFTBALL | American Softball Assoc. 2801 N.E. 50th Street Oklahoma City, OK 73111 405-424-5266 |
| TABLE TENNIS | USTTA 1750 East Boulder Colorado Springs, CO 80909 719-578-4583 |
| TENNIS | USTA Publications Dept. 707 Alexander Road Princeton, NJ 08540 609-452-2580 |